

News: Ignite band's CD release - p6
Community: Mountainview Colts give back - p9

DIDSBURY REVIEW

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Volume 26 Issue 04



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Noel West/Didsbury Review

Rick Way, third from left, speaks with visitors to Waymore Service during the company's grand reopening last Saturday.

Rick Way officially reopens shop for business

BY KEVIN VINK
Review Staff

Waymore Service employees and customers celebrated the grand reopening last Saturday, three months after the fire that all but gutted the local mechanic shop.

Owner Rick Way said that he is happy to be back in business, noting that the shop has been almost completely renovated since the fire.

The only things that are original are the frame and trusses, said Way. The tin siding - inside and out - is brand new, as is the front counter area. Including the replacement of his stock and equipment, Way said the total cost of the fire ended up being about \$250,000.

"Everything else is new," said Way. "There's new tin on the roof, new tin on all the walls, except the east wall. We put new windows in, three new (garage) doors, three new hoists, new in-floor heating, all new wiring and plumbing, and all new lighting."

Luckily for him and his employees, his mechanics all went back to school for eight weeks to upgrade their tickets, so despite some lost time, all but one employee were able to stay with the company.

"They were excited to come back to work to a nice clean shop - nice and warm. We've still got a bit of work to do though," he noted.

The insurance company conducted inspections before Way got the go-ahead to start renovating, he said.

"They've been good so far. (My adjuster) has gone out of her way to help us."

He noted that he had two options, as far as doing the work on the building.

"We could have done one of two things, (the insurance company) could have hired someone to come in and clean up and rebuild it to what it originally was.

"But we thought if we were going to go through that, there's not much sense in that, we might as well do it the way we want it done, so we did all the stripping ourselves."

It took about a week, between him and some friends, to rip out all the insulation and drywall, he said.

"We just cleaned everything out ourselves, tore it all apart," he noted.

The cleaning company that the insurance company would have hired was going to charge about \$35,000 to do the work, so the money he saved by doing it himself went

towards the new materials and upgrades to the facility.

"After going through this, I couldn't imagine what it'd be like to have your house burn down. It's bad enough with a shop like this, but to lose all your personal possessions."

His Chevrolet Bel Aire was written off by the insurance company as non-repairable, as well as his friend's truck that was in the shop at the time. Though the truck can be repaired, it will have to be recertified, he said.

Though he got a settlement for the money that he originally paid for the antique car, it doesn't cover all the work and parts that he put into it, and he said he decided to put the money into the building, rather than another car.

"But that's the way it is," he said. "Not much we can do about it. It would have been nice if it'd happened 10 years ago when I was younger—I could have enjoyed (doing the repairs) a little more; it's hard to enjoy it now."

He said he is grateful for all the support that he has received from both his customers and local contractors who made time to help him get the shop going again.

"(Our customers have) been so patient and we've had lots of them come back and everybody's been so good to us. It's been good that way."

"It makes you realize why you live in a small town."



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Hospital given new portable scanning equipment

BY KEVIN VINK
Review Staff

The Rosebud Health Foundation is at it again, and this time they have equipped the Didsbury Hospital with a mini C-arm imaging machine, according to officials.

Dr. Andrew Jackson explained that the new machine has already been a help in the hospital, because of its mobility, ability and design.

He said that it can be used in lieu of an X-ray machine, but unlike conventional X-rays, it can produce either single stills or real-time video scans, and is completely portable.

"Say if I have someone in with a broken arm and I have to re-fit (the fracture), in the past I would have had to take them to the X-ray department, take the pictures, put them to sleep, adjust the fracture, and take them back to the X-ray," said Jackson.

"If the fitting wasn't correct I'd have to put them back to sleep, do more adjustments, and take them back to the X-ray."

With the mini C-arm, doctors are able to roll in the mobile machine, sedate patients, and do the required work almost immediately, he said.

"There's a computer screen right in front of me. I push a button and I can either take a single photo or real-time - it's like a movie - and you can manipulate the bones back into position."

One advantage to this new machine is that doctors can use minimal amounts of sedative drugs, he noted.

"It's far safer because they're under sedation far less. It's a quick procedure. The patient wakes up with a cast on

their arm and it's all done," he said.

"Certainly after hours, we can do that without having to call an X-ray technician in the middle of the night. I've used it for basic dislocations, too."

The new machine saves time, but it is also safer for patients as well, he noted.

The first instance where he used the C-arm was when he was working with a lady in her mid-70s. Especially with older people, doctors have to be very careful as to the amount of sedative used, he said.

"The less time they're sedated, the safer they are," he noted.

The machine also emits very low levels of radiation.

"It's exceedingly low, which makes it very safe. It's very user-friendly and mobile, so we can just move it from one room to another. It's a mobile unit and you can move it around so you can X-ray in different positions," said Jackson.

"It's exciting for us to have it. Now that we've got it, it's just amazing, you put the person asleep and it can be done in less than a minute whereas before you're talking half an hour sometimes."

Colleen Gustavson, administrative coordinator for the Rosebud Health Foundation (RHF) said she is happy that the RHF has been able to provide this new piece of equipment.

"This is a big item we've been fundraising for for a while - a little over \$90,000," said Gustavson.

She explained that the role of the RHF is to fundraise for, and purchase, new equipment that the hospital wants or needs.

Usually, a request comes down from the physicians, who discuss options with the RHF board of directors, she noted.

The RHF accumulates funds through a variety of ways, she said, such as applying for grants and gathering donations through fundraisers.

"It's an important service that we provide," she said. "Our mandate is to provide an avenue through which the general public may provide bequests and financial support to enhance and improve the delivery of health care in the Didsbury and District Health Services' area."

"So that means people who are making donations towards the hospital, we can collect that money and put it back into the hospital with pur-

chases for equipment, and we've got a long list of purchases we've made in the past."

She noted that the RHF has raised over \$900,000 since its inception in 1996.



Photo submitted

Dr. Andrew Jackson shows off the Didsbury Hospital's new mini C-arm, a lightweight, instantaneous X-ray machine. The machine was acquired through the help of the Rosebud Health Foundation.



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New residents wandering around town



A herd of deer graze on a hill off of Highway 582 on the east side of Didsbury.

Noel West/Didsbury Review

BY KEVIN VINK
Review Staff

Following one collision last week with a deer from a herd now congregating within town limits, officials want to warn residents to be careful driving in town.

Adam Mirus, a district fish and wildlife officer for Sundre and Olds, said the issue is not a concern for them, because it is normal for deer to enter town limits during the winter more than other times of the year.

"We're not aware of any abnormal congregations of animals or anything like that," said Mirus. "But at this time of year, with the snow and the weather, the deer and moose will come into towns where there are vegetation that people have planted. That's what they're coming into town for."

This is nothing out of the ordinary, he said, and there are a number of factors that may be drawing the deer into town.

"Well, they're chewing the same old grass and that kind of thing, so now they come to town and they see these ornamental trees and it's like Dairy Queen compared to what they usually get," he noted.

He added another draw is that there are no coyotes or hunters in town.

"It's more of a safe haven. It's no different from when you go to Banff or Jasper and there's 30 head of elk walking through the town."

"They know the wolves won't come into town. It's no different here—the deer don't get harassed by the coyotes, and when you do get really deep snow conditions, coyotes will take down a deer, not that I think we're there yet, but it's one of those things that it's just easier going for the deer in town."

That is another reason deer tend to like the towns, because the roads and sidewalks are easy for them to traverse, versus deep snow in the field, he said.

"With the snow condi-

tions and that type of thing, if you look at the street out in front of you, there's hardly any snow on it. So if you're a deer would you rather walk across a field where there's deep snow, or would you take the street or sidewalk where there's ornamental trees?"

Though this is nothing out of the ordinary, Mirus does caution residents not to approach the animals, and to make sure their children know to stay away too.

"We always tell people to be cautious around wild animals, because they are just that," he said.

"We have had instances in the past where kids are walking home from school and they do see a deer or moose, that kind of thing. They approach it, and we advise strongly not to do that."

"They can call Fish and Wildlife and we can attend the area and try and get the animal away, but for the most part, in Olds as well, we've got a herd of deer

that runs around town eating everybody's ornamental trees and everything else."

He said typically the speed limits in town will allow for people to safely get by the animals.

"But every year we get one or two that get injured, so drivers have to be just as cautious as they would be with a child running out in the road in town, so they should be watching for deer as well."

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Opinion

Editorial

Alberta drunks make roads deadly

Albertans have a lot to be proud of. Whether it's the province's beautiful scenery, some of the highest quality health care and education anywhere in Canada, or its bustling economy, residents have plenty of reasons to sing the praises of their home province.



DAN SINGLETON

Yet in one area Alberta is anything but a shining example for the rest of Canada – and that area is drunk driving.

According to recently released Statistics Canada figures, Albertans are 70 per cent more likely to be caught driving under the influence of alcohol than other Canadians.

At the same time, persons charged with drunk driving in

Alberta are less likely to be convicted or sent to jail if they are convicted. Nationally, 84 per cent of those charged are found guilty – in Alberta that rate is 81 per cent.

Statistics Canada also says that rural drivers remain twice as likely to be charged with impaired driving as their city counterparts.

"It's disappointing to see it rise, despite all the efforts at education and awareness," said Wayne Kauffeldt, a national director with MADD.

It certainly is disappointing that many, many Albertans continue to believe that it is their right to drive drunk whenever and wherever they please.

And it's equally disappointing to know that the courts in Alberta are much less successful than other courts in Canada in keeping those drunks off the roads.

Two recent West Central Alberta cases show exactly where the situation in this province stands today:

- A drunk driver goes through a red light in Red Deer and kills the mother and father of five young children. He serves 16 months and has now been released on parole.

- A drunk driver kills four people in a crash near Innisfail. He is sentenced to less than seven years in prison, and with good behaviour could be released long before 2020.

In both cases, had the drunk drivers used guns or knives instead of cars to kill their victims they may have faced very lengthy prison terms. Instead, they receive very lenient sentences and other drunk drivers get the message loud and clear: Don't worry, this is Alberta, where anything goes.

Is it any wonder that the families of Alberta drunk driving victims are outraged and disappointed with the punishments meted out to the guilty? Can anyone blame them?

Many Albertans rightly believe that this province is one of the best places to live in Canada. Unfortunately, thanks to drunk drivers, it also remains a very, very dangerous place for innocent people to go about their lawful activities on the province's roads and highways.



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Commentary

Life is better away from the reserve

BY MARK MILKE

With all the attention paid to the Idle No More movement and the off-again on-again talks between some native chiefs and the prime minister, one basic fact about Aboriginal life in Canada has been forgotten: Most aboriginals do not live on reserve and seem to be better for it.

That's an important fact that should be part of any debate about how to improve the living standards of Aboriginal Canadians.

Their general plight is already well-known: When compared to other Canadians, Statistics Canada data shows that proportionately fewer Aboriginal Canadians finish high school and of those that do a smaller proportion will obtain post-secondary education. Aboriginals are also less likely to be in the labour force, they will face higher unemployment rates, and their median earnings are less. They are thus more dependent on government transfers when compared with non-Aboriginal Canadians.

However, what is less often articulated in much detail is how those Aboriginals off-reserve fare better than those Aboriginals on-reserve.

According to Statistics Canada, for census purposes, "Aboriginal identity" refers to people who self-identify as belonging to one or more of the following Aboriginal groups: North American Indian, Métis or Inuit. According to the 2006 census (the 2011 results are not yet available) 1,172,790 Canadians placed themselves in one of those three groups or some combination thereof.

Here's the thing: of those, almost 1.2 million Aboriginals, just 308,490 live on reserve, or barely more than 26 per cent. Thus, fully 74 per cent of

Canadians who self-identify as Aboriginals do not live on reserve.

Yes, populations on reserves have increased, partly because the population of self-identified "North American Indians" is growing. But as the statistics show, a greater proportion of that category of Canadians lived off-reserve in 2006 when compared to 2001. In other words, the off-reserve population is growing faster than the population on-reserve.

Looking more closely, the Aboriginals most likely to live on reserve are "North American Indians" or First Nations in more common parlance. Of that group, 300,755 out of 698,025 live on-reserve, or 43 per cent (again, as of the 2006 census).

In other words, 57 per cent of Indians/First Nations people do not live on-reserve. And that's up from 55 per cent who lived off-reserve, as of the 2001 census.

A caveat: Census data differs from that recorded by the department of Aboriginal Affairs for reasons not germane here. But Aboriginal Affairs data shows a similar pattern in its 1983 to 2010 tracking: a growth in the number of people on reserves but a decline in the proportion of registered Indians on reserve.

So why does all this matter? Because additional data from Statistics Canada reveals that those most likely to live on-reserves (the "North American Indian" category), have lower median incomes compared to other Aboriginals.

For example, according to the 2006 census, for all Aboriginals grouped together (whether on or off-reserve), the median earnings figure for someone who worked full-time was \$36,944.

But what is revealing is how that

Aboriginal category breaks down. Inuit had the highest median income at \$44,440 with Métis next at \$39,784. Indian/First Nations people (combining on-reserve and off-reserve) had a median income of just \$34,209.

Remember, all of the foregoing statistics are for those who worked full-time all year.

Now break the "Indian" category down even further between those on-reserve and those off-reserve.

On-reserve Indians had a median income of \$29,014. In contrast, off-reserve Indians had a median income of \$37,477. In other words, First Nations people/Indians who live off-reserve have a median income that is almost \$8,500 higher than their counterparts on-reserve.

It's no secret as to why many reserves and the inhabitants suffer: many are far from large urban centres. Most reserves are also not yet designed to foment any sort of property rights for inhabitants.

The combination of remoteness and anti-wealth creating collective structures (to say nothing of the politicization of reserve spending) means many reserves thus lack the economic, educational and career opportunities that accompany living near a major centre.

As native and non-native politicians alike ponder what to do about Aboriginal policy, they should keep in mind this simple fact: For most of Canada's Aboriginal population, life is better away from the reserve. That might explain why a majority of Aboriginal Canadians, including a majority of North American Indians, choose not to live on reserves.

Mark Milke is a Senior Fellow with the Fraser Institute and author of *Life is Better in the Cities*.

DIDSBURY REVIEW

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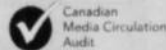
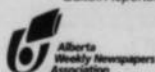
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PUBLIC MEETINGS

REGULAR TOWN COUNCIL MEETING: Tuesday, January 22 at 7:00 pm.
 COMMITTEE OF THE WHOLE MEETING: Tuesday, February 12 at 7:00 p.m.
 MUNICIPAL PLANNING COMMISSION: Wednesday, February 13 at 4:30 p.m.
Unless otherwise noted, all meetings are held in Council Chambers at the Town Office.

Public Budget Meeting

On January 25, 2013 there will be a public budget meeting beginning at 9:00 am in Council Chambers.



DIDSBURY NEIGHBORHOOD PLACE

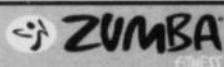
Boy's Night Out - January 30 from 6:00-9:00 pm. Ages 8-12. Cost is \$15.00. Registration deadline is January 25.

Around the World in Music - begins on January 26 from 10:00-10:45 am. Ages 3-5. Cost is \$42.00. Registration deadline is January 23.

Toddler Dance - begins on January 29 from 6:00-6:45 pm. Ages 3-5. Cost is \$38.00. Registration deadline is January 24.

Move and Groove Dance - begins on January 31 from 6:00-6:45 pm. Ages 5-7. Cost is \$38.00. Registration deadline is January 24.

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Bronze Medallion Course



The Canadian Lifesaving Society Bronze Medallion course will be held on Monday, February 18 to Wednesday, February 20, 2013 from 8:00 am - 4:00 pm. Cost is \$125.00 + GST, cost includes the Canadian Lifesaving Society Manual. Participants must be 13 years and older or have taken their Bronze Star certification. Be sure to bring a one piece bathing suit, a towel, paper, pens, food and plenty to drink. Call 403.335.7369 to register.

ROLLOUT CART PICK UP SCHEDULE

	January	February
Black Bin	29, 30	12, 13, 26, 27
Green Bin	--, --	5, 6



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2013 Maple Leaf Exchange Program



We are looking for host families! Become part of the 2013 Maple Leaf Exchange Program and open up your home for a student from our twin city - Miki, Japan - from March 21 - 25 inclusive. While in Didsbury, students will stay with local families, participate in planned activities, and attend classes at Westglen School. Host families are required to attend the welcome dinner on Thursday, March 21 as well as the Sayonara Party on Monday, March 25.

Ideally, host families will have children that attend Westglen School but this is not a requirement and families with children in any of the schools are welcome to apply!

Anyone interested in becoming part of the program this year can pick up an application form from the Town Office. Deadline for applications is February 15, 2013. Anyone with questions can contact CynDee Walden at the Town of Didsbury - 403.335.7724 or cwalden@didsbury.ca.

SIMPLE STEP CLASS

Take the first step in fitness! Join certified instructor Vicki in this hour-long aerobics class. This combination class will consist of a 30 minute cardio workout and 30 minutes of weights and ab work.

Simple Step will run January 7, 2013 - March 18, 2013. No class on February 18.

Mondays from 6:30 pm - 7:30 p.m. at the Westglen School Gym. \$6.00 drop-in or \$54.00 for a 10 punch pass. Bring water, a towel, a mat & hand weights.

Volunteer Opportunities

Volunteer Didsbury is currently seeking applicants for the following volunteer opportunities:

- Didsbury Museum - Roast Beef Dinner
- Didsbury Library - Library Clerk Assistant
- Friends of the Library - Handling and Sorting of Books
- Mountain View Arts Society - Treasurer and Members at Large
- Didsbury Lions Club - Members & Occasional part-time Volunteers

For more details and how to apply, please go to:
www.didsbury.ca/town/volunteerdidsbury

Local band talks about debut CD release

BY KEVIN VINK
Review Staff

The Ignite worship band released their debut album, *Journey Home*, after working long and hard to find the right members and sound.

Hailing from Didsbury and Carstairs, the group of young men originally started playing at Olds College, says singer and guitarist Mitch Kellsey.

"Basically we started a worship night at Olds College," explains Kellsey. "We needed a worship team and we scrambled for a year to get different people."

He notes that bassist Jesse Sayer, keyboardist Josh Tiel, and guitarist Jesse Friesen were always part of the group.

"But we had a terrible time finding a drummer," he adds. "And then we found Conner Friesen (no relation to Jesse) and just rolled with it from there."

Sayer says they had some drummers that would be able to play occasionally, but weren't able to fully commit, which can be a problem when trying to get together a solid band.

"So we probably went through four or five drummers that year; it was pretty frustrating," he says.

Many worship bands play in churches during regular services, but the reason the group originally decided to put out their own CD was that people wanted them to come play at their college or university, which is not cheap, Sayer adds.

"It was \$500 a night (for Olds College) and we had to pay for it," he says. "So we made the CD so we can afford to keep doing that and just really push that ministry to keep going anyways."

"A couple years ago we did Olds, and this year we had people at Mount Royal University, the U of C, SAIT, the U of A, and the U of L - a lot of these non-Christian schools - wanting us to come out and put on a worship night, but we have to pay for everything."

Kellsey notes that from the money they made off the CD, they can hold three full events, and they still haven't

sold their entire stock yet.

Concerts are different from hosting worship nights, however, as Sayer adds that the venue will pay for all expenses if the band is invited to play.

Sayer and Kellsey, who went to school and graduated together from Olds Koinonia Christian School in 2007, both participated in the school's Wednesday morning chapel worship band for a number of years.

Sayer does it, he says, because he just enjoys playing his bass.

"The stage is fun, but I also like the hangout time where we get to just fool around. I really like the worship side of it though, for sure."

"That's my passion when it comes to music is doing worship and leading people into that."

Kellsey, who also writes the lyrics, notes that he enjoys hearing people sing the words that he has been inspired to write.

"Hearing them being able to worship the Lord with the words He gave the band is kind of a big thing for me," he says.

"And it's cool taking something that I've thought up and then sitting down with the band and them adding all their flair in."

He notes that, between each member's individual style, from the very first recording to the end result, it's a very unique style of worship music.

They aren't sure how to best describe their music, but after considering that they have both harder rock-style songs and some smoother-style worship songs, Kellsey would like to call it simply "hybrid-worship."

"It's not normal worship music," says Kellsey. "Some of the songs are pretty rough. It's hard because if you take Josh (Tiel) out of the picture, it's very rock-ish, and as soon as you put the keyboard in, that kind of mellows it out."

Last May, the band went out to Briercrest Bible College in Saskatchewan for a weekend to record their album at a studio there.

"We didn't get to sleep 'til probably three in the morning every night, at least, and we'd be up at 7 a.m., eat breakfast and get to the studio - it was an all-day thing," explains Sayer.

"It's not normal worship music. Some of the songs are pretty rough. It's hard because if you take Josh (Tiel) out of the picture, it's very rock-ish, and as soon as you put the keyboard in, that kind of mellows it out."

MITCH KELLSEY

"We were there the Thursday night, went all day Friday, all day Saturday, all day Sunday and half of Monday, and then we drove home."

The band hadn't even finished all six tracks that they had wanted to, adds Kellsey, but the rest was done in their producer Chris Fawcett's studio in Calgary.

They got the connection at Briercrest from Fawcett, an alumnus of the college, and Sayer notes that everything was free.

As far as future plans are concerned, they say that they will follow the string of opportunities that have been getting so far.

And thus far, says Kellsey, the opportunities have been unexpected and have been presenting themselves one by one.

For example, their CD was basically paid for by their church, says Kellsey. "We hardly paid for anything."

"One day at church, I found \$1,000 in my mailbox - anonymously donated - they just wanted us to finish the CD. If God didn't want us to do it, He wouldn't have provided money."

"We're still trying to be listening to what He wants, for where He wants us to take it, but he's been providing opportunities like crazy, so we're going to keep pushing."

Sayer says that while on a cruise, they met the father of a pastor of a big church in Florida, which the band Casting Crowns came from.

"And the pastor is a good friend of that band, so (the pastor's dad) said to send him a disc so he can pass it on."

He adds that Manafest, who they opened for once, and Lincoln Brewster's bass player also wanted copies of their CD.

They also made a connection with a Millar College of the Bible satellite campus in Sunnybrae, near Salmon Arm, B.C., through West Zion Mennonite Church's former pastor, Trevor Kiriaka, who now teaches at the campus.

"We don't really have any goals set up," says Kellsey. "If we go big, sweet. If not, then that's fine too. You don't have to go big to do God's work. I wouldn't say we're really pushing for anything."

"I'd like to see it go bigger, but it's kind of a hard line to find. We all have families. If God gives us the opportunity to go big, that's when we'll have to make that decision. We're thriving off opportunities right now."

For anyone interested in picking up the debut album, Kellsey notes that they will be on iTunes soon, but they are available for download by visiting (igniteband.bandcamp.com).

They are on Facebook too, and can be found at ([facebook.com/xligniteWorshipBandx](https://www.facebook.com/xligniteWorshipBandx)).



Photo submitted

Ignite has recently released its debut album, *Journey Home*. The band has spent the last year putting together a group and producing their first album, and are currently spending time playing shows in the area.

4-H members do well at competition in Denver

BY KEVIN VINK
Review Staff

Andie Hadway and Katie Crawford had the experience of a lifetime Jan. 11 and 12, as they left to the Western National Roundup in Denver, Colorado for a 4-H multi-judging competition.

Cindy Crawford, Katie's mother, explained that they qualified for the trip by winning the regional competitions here in Alberta.

"The trip was an amazing experience," said Katie Crawford. "I was able to learn lots and meet lots of people. I do wish that we would have been able to stay longer, as we didn't have much time to go to the stockyards."

The girls had a couple of surprises when they got there too.

"Judging down there is completely different from here,"

said Cindy Crawford. "It's much more intense down there and how they give their reasons (for scoring the livestock) is different too."

The girls were also under the impression that they were representing Alberta, but were told when they got there that they were representing Canada, she added.

For judging scores, in the beef category, Crawford got third in judging and Hadway got 29th; in goats, Hadway got seventh and Crawford got 39th; and for swine, Hadway got 27th.

Hadway got 27th in the reasoning category for beef. For the total overall score, Hadway got 33rd, also taking 12th in the combined total category.

Their team scored 10th overall in sheep as well. "They did really well," said Cindy Crawford. "And this is how they did without knowing the scoring system."

Katie Crawford said she would have liked to have

known exactly how the U.S. judging system goes before she got there.

Hadway, who is considering pursuing professional judging, said this was a great opportunity for her.

"Before I qualified for Denver," said Andie Hadway, "my goal was to do so, and I was lucky enough to take top provincial judge in Alberta. I knew going down there that the competition was going to be very tough so my goal was to place in the top 50 of the 4-H division out of about 100 top state competitors."

She noted that after getting 12th in overall placings and ranking 33rd overall, she was happy with the outcome.

"I love judging and hope to pursue it in my near future. I was very lucky to go down with an awesome team and chaperones with the Alberta Hippology Team. It was a great experience and I am so thankful I got the chance to go."

Community Resources

This is a free community event listing service, sponsored by area businesses, provided to non-profit organizations or local community groups. Listing is free to any non-profit organization or community group in the

Didsbury Review distribution area. While every effort will be made to ensure each request for publication is granted, the Didsbury Review does NOT GUARANTEE publication for a variety of reasons including space

constraints. To try and accommodate as many requests as possible, please keep submissions to 20 words or less. Please have your submissions in at least two weeks prior to the date of the event you are publicizing.

HALL RENTALS:

ROSEBUD HALL RENTALS. Call 403-335-9945 or 403-335-4606.
RUGBY HALL RENTALS Call Della @ 403-335-8767, for meetings, family events or reunions.
5-0 CLUB HALL RENTALS. For Hall rentals and/or info regarding the hall please call Joyce Gee 403-335-2861.
DIDSBURY ELKS HALL RENTALS. Call Shelley Fakir 403-335-9213.
ST. CYPRIAN'S ANGLICAN CHURCH HALL RENTALS contact Myrna Watt 403-335-3745.
LONE PINE HALL HALL. which is located east of Didsbury, contact Jo-Anne Hannah at 403-335-4190 for rental information.
MOUNTAIN VIEW COMMUNITY HALL For meetings, community events, family or group reunions call Sharon 403-335-4288.
FALLEN TIMBER COMMUNITY HALL offers an ideal place for quiet safety meetings or fabulous social activities. Please contact Esther McMullen for information at 403-637-2270.
MELVIN HALL - www.melvinhall.ca For rentals: Emily, 403-335-3896.

CITIZENS ON PATROL - Didsbury/Carstairs. Driving in a neighbourhood near you. To volunteer call 403-335-8755.

CHAMBER OF COMMERCE - Membership meetings are the 2nd Wednesday in June, September, November, and January. For more info please call 403-335-3265.

DIDSBURY TOPS - Take Off Pounds Sensibly! Come and join us every Wednesday evening. For more info call Val at 403-335-3990 or Sheila 403-335-9964.



Around Town

with the Didsbury Library

January 24, 31

Friends and Fun program at 1:30 pm. A weekly free program of games, activities, special events and refreshments at the Eldon Footie Hall (train station). If a ride is required, please call 403-335-4391.

January 23

Didsbury Museum. Coffee and Conversation from 1:00 to 3:30 pm. Our guest on Wednesday, January 23 will be from the Didsbury Veterinary Clinic sharing information about the care of animals and pets. Everyone welcome.

January 26

Attention Stamp Collectors! The Didsbury & District Stamp Club will be meeting at the Didsbury Library at 1:30 pm. Everyone Welcome. For more info call Mark at 403-335-4128.

January 23 - February 20

English Conversational Café will be held at the Didsbury Library on Wednesdays from 7:00 to 8:00 pm. Meeting space and refreshments provided by the Didsbury Library. If you need help with English language learning, drop in to have beginner conversations with local volunteers and other community members. You will have conversations in English about current events, sports, weather, entertainment, food, travel, and much more. Organized by Mtn. View Communities Adult Learning Society.

January 26

Attention Stamp Collectors. The Didsbury & District Stamp Club will be meeting at the Didsbury Library at 1:30 pm on Saturday, Jan. 26. Everyone welcome: young and old. For more info call Mark at 403-335-4128.

February 8 and 9

Friends of the Didsbury Library are hosting their book sale at the Didsbury Lawn Bowling Clubhouse 1619 22 Avenue. Payment is by donation. Proceeds to the Didsbury Municipal Library. 1000's of books to choose from sorted by genre and author.

February 11

5-0 Club Annual Meeting. 1:30 pm/ Support your club by attending.

February 13

Pot Luck at the 5-0 Club. 2500 15 Avenue, Wednesday, February 13. Members and Guests and your special Valentine are welcome. Share your favourite dish. Clist is \$3.00 per person. Dinner at 12:30 pm. Come out and enjoy!

Promote your events in this column. Send info to didsburylibrary@tibs.prl.ab.ca or drop off copy at Didsbury Library 2033 19 Ave.

BEAVERS TUES. - 6:30 - 7:30 p.m. at Eldon Footie Hall. Kids 5 to 7 years old, boys and girls welcome.

KING HIRAM LODGE #21 - has its regular meetings at 8 p.m. every 2nd Tuesday of the month.

ST. HILDA CHAPTER #27 O.E.S. - Has its regular meetings at 7:30 p.m. every 3rd Tuesday of the month. For info. Call Marg Steckler at 403-335-281.

DIDSBURY SENIOR SUPPORT SERVICES - Co-ordinates assistance for seniors. Call 403-335-4391.

DIDSBURY SHUTTLE BUS - Scheduled transportation for anyone on Monday, Wednesdays & Fridays 9 - 3. Please call day prior or by 8:00 a.m. for pick up. 403-507-0208. Wheelchair accessible. Sponsored by the Didsbury Lions Club.

LEARNING DISABILITIES MTN VIEW CHAPTER - Support and info for parents and teachers dealing with learning disabilities. For info call Susan at 403-335-3174.

DIDSBURY MENTAL HEALTH CLINIC - Provides free accessible mental health services. Which incl. assessments, individual family & group counselling & crisis intervention. Mon. - Fri. 8:30-4:00.

ALCOHOLICS ANONYMOUS - Meetings Fridays 8:30 p.m. at the Masonic Hall, Didsbury, 21 Ave. and 21 St. For information call Donna at 403-335-8733 or Rick at 403-335-9525.

DIDSBURY LIFELINE EMERGENCY RESPONSE SYSTEM - Shirley 403-335-3787, Don 403-335-4676.

DIDSBURY ROYAL PURPLE #317 - Regular meeting at 7:00 p.m., 2nd Wednesday of each month. For info call Shirley Thompson 403-335-3787.

ALANON - For family and friends of alcoholics, Masonic Hall 21 Ave & 21 Street. Alice 403-556-5911, Reg 403-337-3762.

DIDSBURY AND AREA SUPPORT GROUP - for friends and families of people with Alzheimer's Disease and other forms of dementia. Join us the last Monday of each month, 7-9 p.m. Aspen Ridge Lodge, 1100 - 20 Ave., Didsbury. 403-335-9848. Dolina Watson, 403-335-7285.

DIDSBURY & DISTRICT HEALTH SERVICES AUXILIARY - monthly meeting on the first Tuesday of each month at 2:00 p.m. in Unit 4 at the hospital.

OVEREATERS ANONYMOUS - 12-Step group for Compulsive Overeaters meets on Thursdays at 7 pm at St. Francis of Assisi Anglican Church, 130 Albert St., Airdrie. For more information call Deb at 403-948-0563 or Frankie at 403-335-3633.

3025 RCACC DIDSBURY ARMY CADETS - Youth 12-18 Monday 6:30 - 9:30, Downstairs Victoria Square Mall 403-559-8801.

DIDSBURY MUSEUM - Open 10 a.m. - 12 noon and 1 p.m. to 4 p.m. Tues and Wed. Sat. 1 p.m. - 4 p.m. By appointment: Jim 403-335-0003 or Shirley 403-335-3277.

DIDSBURY & DISTRICT COMMUNITY BUS. - Call Jan to book your trip. 403-335-3052. Competent drivers.

DIDSBURY YOUTH JUSTICE COMMITTEE'S - meetings are held the first Monday of each month. All persons interested in volunteering

and helping to work with the youth in our community are encouraged to come. For location and time please call 403-335-1975.

PARENT LINK CENTER - Drop in play. FREE Playtime for Parents and Preschoolers (newborn to 6 yrs). Morning, afternoon and evening playtimes available at Didsbury Neighbourhood Place, Bay 2, 2030 17 Ave. Contact Linda 403-586-5466.

DIDSBURY ELKS LODGE - supper meetings every 2nd and 4th Thursdays. Supper at 7:00 p.m. meeting at 8:00 p.m. Call 403-335-4655.

SUPPER INVITATION - The Didsbury Lions Club welcomes men & lady visitors at their supper meetings on the first and third Thursdays of each month, 6:45 p.m. at the 5-0 Club. For information and to RSVP call 403-335-9173 or 403-335-4796.

DIDSBURY NEIGHBOURHOOD PLACE - is a resource centre for the town, we provide information and referral services, community programming, FCSS, resource lending library and meeting space available for rent. Please call 403-335-8719.

GIRL GUIDES OF CANADA - For fun, friendship and adventure for girls and women of all ages! Join anytime. Leaders are needed for all units, no experience necessary. Ages: Sparks 5/6; Brownies 7/8; Guides 9 - 11; Pathfinders 12 - 14; rangers 15 & up. Call Karen 403-556-6881 for more information.

FRIDAYS - CRIBBAGE STARTS - at the Elks Hall - 7:00 p.m.

HUNTINGTONS - Are you or someone you love affected by HD? I am looking to start up a support group in the Didsbury area. If you are interested contact Kim Rauhalala 403-335-9520.

BRING OUT THE BEST IN KIDS! Mountain View Optimists meets Tuesdays 7:30 pm at Sandy's in Olds. mountainviewoptimists@gmail.com

DIDSBURY AL-ANON FAMILY GROUP - Fridays at 8:30 at the Masonic Hall, 21 Ave. & 21 St. Suzanne 403-337-3033 or Jennifer 403-335-8388.

MOUNTAIN VIEW CHORALERS BEGIN THEIR FALL PRACTICES on Monday evening, Sept. 10 at 7pm, at the FIVE-0 club. If you like to sing come and join us, we are a fun group. ttn

INVITATION TO ALL SENIORS: FRIENDS AND FUN PROGRAM - Thursday afternoon, Sept. 13, 2012 at 1:30pm. Free program of games, activities, special events & refreshments. Eldon Footie Hall. Ride? 403-335-4391 ttn

COMMUNITY VOLLEYBALL NIGHT - Adult co-ed drop-in Volleyball at Zion Church, Sun. Feb. 3. 7:00pm-9:00pm. \$2.00/night. Call Garnet 403-335-9820 ttn

MOUNTAIN VIEW ARTS SOCIETY - for lovers of art, culture and heritage of Didsbury & Mountain View County. Info at www.mountainviewartsociety.ca or call 403-335-9445. ttn

MOUNTAIN VIEW CHRISTIAN WOMEN'S BREAKFAST Tues Feb 12, 2013 Redeemer Lutheran Church Gym Didsbury 9:30 AM. For reservations or more call Ann 403-335-8444 4-6

Church Directory

The REVIEW is pleased to provide this Church Directory as a community service

Berthel Mennonite Church

Didsbury, Alberta
 5km S of the Didsbury Overpass,
 8km E on Berthel Rd.
 Sunday Worship Service - 11:00 a.m.
 For more information
 phone 403-335-4451

Knox United Didsbury

1406 - 19th Avenue 403-335-8373
 Join us for worship 10 a.m. Sundays,
 With Sunday School for children
 For more information go to
www.knox-united.com
 People make the place!
 Rev. Liz Bowyer:
 Intentional Interim Minister

Chinook Winds Christian Centre

Welcome Home
chinookwinds.ca
 10am Sundays
 Pastors Richard & Beth Kope
 Pastors Corey & Erin Kope
 1710 - 14 Street Didsbury
 403-335-3551 Email cwcc@arenet.com

St. Anthony's Catholic

2030 - 24 Ave. Didsbury
 For more information please contact
 Catholic Women's League:
 Maxine Moreau 403-335-4948
 Knights of Columbus:
 Gary McNeil 403-335-8611
 For more information
 Olds St. Steven's Office
 403-556-3084

Redeemer Lutheran

Lutheran Church Canada

1500 - 23 St. • Rev. Robert Molns
 Church: 403-335-3161 / Res: 403-335-3656
 Sunday School - 9:30 a.m. • Worship - 10:30 a.m.
 Adult Bible Study Sunday - 9:30 a.m.
 Holy Communion 1 & 3 Sunday 10:30 a.m.
 Jr. & Sr. Youth, Women's & Seniors' Ministry Group
 Small Group Bible Study meetings
 throughout the week

Mountain View Evangelical Missionary Church

14 km East of Didsbury Pastor Art Numan
 Office: 403-335-4422
 Morning Worship 11 a.m. • Sunday School 10 a.m.
 For information concerning the weekly activities
 please call the Church Office.

Anglican Church of Canada

St. Cyprian's
 2037 - 24th Ave. Didsbury - 403-335-4664
 Rector - David Asher
 Sunday Worship 10:30 a.m.
 Holy Communion - 2nd & 4th Sunday each month

West Zion Mennonite Church

westzion.com has a map for directions
 Senior Pastor Mal Braun
 Youth Pastor Josh Tiel
 Sunday Services 10:00 am
 ALL WELCOME

Zion Evangelical Missionary Church

#802 Secondary Highway 582
 Phone: 403-335-3629 Web: www.zemc.org
 Mike Morgan, Senior Pastor
 Colin Creighton, Associate Pastor
 Alison Lefebvre, Youth Pastor
 Christine Little, Children's Pastor
 Sunday School at 9:30 am & Service to follow at 10:45 am
 Programming for children up to Grade 6



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98¢

Mountainview Colts give back to community

Letter to the editor

The Mountainview Colts Jr. B Hockey team from Didsbury understands the importance of taking on an active role in the community. The fans in the community have really supported the team over the years.

The boys look forward to coming out and playing each night for the fans, especially their faithful fan Davey Franz.

Davey is a huge supporter of the boys who even gives them heck when they are not performing their best. With his red horn, gloves and his Colts hat

and jersey, Davey comes to cheer on the boys each week, giving them high fives as they come on and off the ice.

Davey belongs to the Olds Special Olympics Floor Hockey team, and the Colts headed up to Olds on Jan. 14 to play Davey's team.

Unfortunately Davey was unable to attend the floor hockey game so the Colts committed to travel back up to Olds on Monday, Jan. 21 for a rematch.

The Colts supplied tuques and pizza for all the



A member of the Olds Special Olympics hockey team makes his way down the floor during a Special Olympics floor hockey game against the Mountainview Colts at Olds Elementary School last Monday.

Noel West/Didsbury Review



A member of the Olds Special Olympics hockey team prepares to make a shot during a Special Olympics floor hockey game against the Mountainview Colts at Olds Elementary School last Monday.

Noel West/Didsbury Review

Olds athletes after the game. It was a great night had by all with both teams coming out as winners.

The Colts continue to push hard to finalize a play-off spot. They have two regular season home games left: Jan. 26 at 8 p.m. against the Airdrie Thunder and on Feb. 16 at 8 p.m. against the Three Hills Thrashers.

The game on Feb. 16th is the annual Ride for Dad charity game. The Three Hills Thrashers have accepted the fundraising challenge and both teams have been working hard to get pledges to surpass last year's donation.

Proceeds go to prostate cancer research and awareness, care of the Ride for Dad Association. The goal is to spread awareness and fund research for prostate cancer so that

men can continue to be there for their families and friends for years to come.

It's not too late to make your pledge. You can contact one of the Colts, their family members, or come to the game on Feb. 16.

Last year they were playing for \$3,000 per goal and the Colts alone managed to raise \$20,000 for this great cause.

The Colts family is very proud of its contributions for the last few years. Fittingly, our small little hockey team has been deemed one of the biggest contributors to the Rural Alberta Ride for Dad.

Raise your hand if you are willing to fight for life and come out to the game on Feb. 16, with the warm-up starting at 7:30 p.m. and puck dropping at 8 p.m.

Tracy Smith
Didsbury

DIDSBURY REVIEW

**HELPING YOU
MANAGE YOUR
FINANCIAL FUTURE**

WORKING WITH FELLOW AWNA MEMBERS, WE ARE PREPARING A FINANCIAL PLANNING PREMIUM SECTION TO APPEAR FEB. 12, 2013

Our focus using articles, illustrations and advertising will be to give residents of our community encouragement information and ideas to really investigate their current financial picture. This brings with it a powerful advertising opportunity for you as reader's attention will be focused on the types of issues your products and services address.

Ask your advertising representative to provide you with Market Analyzer numbers that Stats Canada says are invested locally in RRSP contributions each year, then don't miss your opportunity to play a significant part in the financial planning done by residents of our community.

DEADLINE IS FEBRUARY 5, 2013

1/8 Page \$90
1/6 Page \$115
1/4 Page \$170
1/2 Page \$330
Full Page \$615
plus GST (colour extra)

Joan Duval

403-335-3301

jduval@olds.greatwest.ca

Alan Chambers

403-556-7510

achambers@olds.greatwest.ca



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We want to thank everyone that participated in our Gift Basket Raffle. Gift basket was won by Jeremy Kennedy. We were able to donate \$61.00 to charity.

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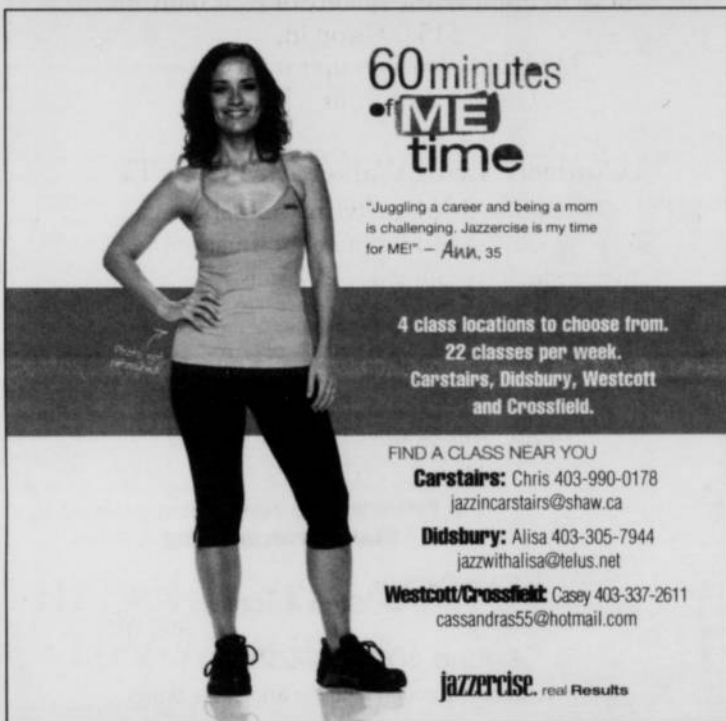


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jazzincarstairs@shaw.ca

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jazzwithalisa@telus.net

Westcott/Crossfield: Casey 403-337-2611
cassandras55@hotmail.com

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File photo

Get active to improve mental health as well as physical health.

Get mentally/physically fit

Do you see a connection between your physical and mental health? Do you think practicing mind and body fitness can help you deal with everyday stress? These are some of the questions raised by the Canadian Mental Health Association as they build on a recent theme for National Mental Health Week, "Practicing Mind and Body Fitness".

Many people set personal goals to lose weight, get back in shape, or improve their energy and fitness levels. But besides physical fitness, getting active will also have positive benefits on mental health.

More and more, society is approaching health from a holistic perspective — mental, physical and emotional.

So what is mental fitness? Since happiness can't be weighed on a scale, the only guide to mental fitness is by learning more about the different attitudes of good mental health that can be used to deal with the challenges in daily life. These are a realistic attitude, self-actualization, emotional

support, flexibility, and resilience.

Exercise is one way to reduce anxiety — it releases endorphins, chemicals in the brain that stimulate good feelings. Even five minutes of aerobic exercise can have a positive effect on tension, fatigue and anger. Participating in a fitness class, of whatever type, will also break the isolation which often leads to withdrawal, inactivity and feelings of hopelessness.

Improved physical condition will improve the way you see yourself, and your self-esteem.

As well, you can give yourself a short break from your worries every day — try daydreaming of a tranquil place, think about "good" moments, try new ways to cope with negative thoughts, start a hobby, set some achievable goals, keep a journal, laugh, volunteer, and give yourself a treat.

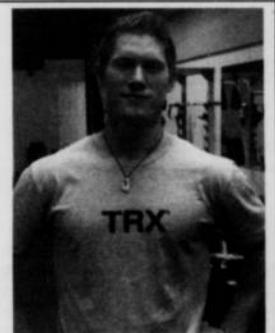
Try taking care of your mind and body by helping to release toxins through therapeutic massage. Or a swim in the pool could do you wonders.

Take your fitness and health to the next level with the guidance of a certified personal trainer. See how proper nutrition and resistance training can improve your health and help you reach your fitness goals.

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Get Fit!



File photo

There are many exercises that people with arthritis can do to stay fit.

Exercise with arthritis

Arthritis can make physical activity more difficult. In spite of that difficulty, exercise is an important part of staying healthy for men and women with arthritis. Even moderate physical activity can strengthen bones and muscles and increase joint flexibility, making it easier for arthritis sufferers to perform daily tasks.

According to the Arthritis Foundation, men and women with arthritis should commit to regular exercise that includes three types of activities: flexibility exercises, strengthening exercises and cardiovascular exercises. Consult a physician before beginning any exercise regimen, and discuss any limitations your specific condition might place on your physical abilities. Such limitations might diminish as your exercise regimen progresses, but it's important to exercise within those limitations at the onset to avoid injuries. It's also important to consult your physician should you experience a flare-up of arthritis before, during or after exercise. Such flare-ups might require you to alter your routine, and your physician can help with such alterations.

• **Flexibility exercises:** Perform flexibility exercises every day, as they will protect your joints by reducing injury risk. Flexibility exercises, which are often referred to as range-of-motion exercises, help your body warm up for more strenuous exercise. Once you're comfortable doing at least 15 continuous minutes of flexibility exercises, you're likely ready to add strengthening and cardiovascular exercises to your routine. Many people with arthritis find yoga is an especially effective flexibility exercise, as it strengthens and relaxes stiff muscles and even aids in weight-loss efforts. Just don't push yourself too hard when starting out with yoga,

as the exercises are more difficult than they might seem.

• **Strengthening exercises:** Strong muscles reduce stress on the joints, something that's especially helpful to arthritis sufferers. Strengthening exercises, also known as resistance exercises, build the body's muscles so they're more capable of absorbing shock and more effective at preventing injury to the joints. When performing strengthening exercises, you will use weight or resistance to make the muscles work harder and grow stronger. Isometric strengthening exercises tighten the muscles without moving the joints, while isotonic strengthening exercises strengthen the muscles by moving the joints. The Arthritis Foundation recommends performing strengthening exercises every other day and always in conjunction with flexibility exercises, which can be performed before and after strengthening exercises.

• **Cardiovascular exercises:** Walking, dancing, swimming and bicycling are examples of cardiovascular, or aerobic, exercises, which many people find the most enjoyable way to exercise. Cardiovascular exercises make the heart, lungs, blood vessels and muscles work more efficiently while improving endurance and strengthening bones. Initially, cardiovascular exercises might be difficult for arthritis sufferers who have not exercised in a while. However, you can gradually build toward 30 minutes of cardiovascular exercise three to four times per week, and you will notice your endurance improves the more you commit and stick to your routine. Include cardiovascular exercises as part of your larger routine, performing some type of aerobic exercise after strengthening exercises.

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Get Fit!

No butts. Lower your cholesterol with these helpful tips

High cholesterol is an issue for many men and women, who may or may not know that excessive cholesterol in the blood can increase a person's risk of cardiovascular disease. That's a genuine concern for many people, as the American Heart Association notes that cardiovascular disease is the leading cause of death in the United States. Statistics Canada reports that heart disease accounted for 21 percent of all deaths in 2008 (the most recent year for which statistics were available), placing it behind only cancer among the leading causes of death in Canada.

The link between high cholesterol and cardiovascular disease has long since been established, but the good news is that even men and women with considerably high cholesterol levels can greatly reduce their risk of one day developing cardiovascular disease.

Some may need the help of prescription medication to lower their cholesterol, while others might only need to make certain lifestyle changes to lower their cholesterol. Men and women should discuss a plan of attack to lower their cholesterol levels with a physician, who will determine if medication should be a part of the plan. Even if medication is a factor, the following are some lifestyle changes men and women with high or moderate cholesterol levels can make to reduce their risk of cardiovascular disease.

- **Shed those extra pounds.** According to the Mayo Clinic, losing as little as 5 to 10 per cent of your body weight can greatly reduce cholesterol levels. There are a number of ways to lose weight, but the most successful way to lose weight and keep it off typically involves adopting a more active lifestyle and coupling that with a healthy diet.

- **The AHA recommends 30 minutes of physical activity each day.** This can include any number of activities that get you off the couch and exercising, including walking, biking, swimming, and jogging.

- **An additional benefit of exercising to lose weight is that it can raise your so-called "good" cholesterol (also known as high-density lipoprotein, or HDL), which can protect you against a heart attack.**

Many medical experts believe HDL carries cholesterol away from the arteries and back to the liver, where the cholesterol is then passed from the body.

- **Embrace heart-healthy foods.** One of the more effective, yet often most difficult, ways to lower cholesterol is to make dietary changes, forgoing unhealthy fare for more heart-friendly foods.

The idea of changing one's diet does not appeal to many people, but a more heart-healthy diet does not have to be devoid of taste.

You can still eat red meat and dairy products, but keep them to a minimum, as both red meat and dairy can raise your "bad" cholesterol. Also known as low-density lipoprotein, or LDL, bad cholesterol can combine with other substances to form plaque, a thick, hard deposit that can narrow the arteries and make them less flexible, increasing one's risk of heart attack and stroke.

Red meat and dairy tend to have a good deal of saturated fat, which the Mayo Clinic suggests should account for less than seven per cent of your daily caloric intake.


There are many ways to make more heart-healthy dietary choices, some of which include selecting whole grains (including whole wheat pasta and whole wheat flour), loading up on fruits and vegetables that are high in fiber (which can lower cholesterol) and choosing entrees for foods that are rich in omega-3 fatty acids, such as certain types of fish, which help lower LDL cholesterol.

- **Stop smoking.** Smokers have a surefire way to reduce their cholesterol, though some may find it more difficult than making any dietary changes.

Quitting smoking has an almost immediate impact on the health of your heart, which is at a lower risk of attack within 24 hours of quitting smoking. Within one year of quitting, your risk of heart attack is half that of someone who continues to smoke, and in 15 years your risk of heart disease will be similar to that of someone who has never smoked.

In addition, quitting smoking may improve your HDL cholesterol level. Though it might not be easy, quitting smoking might be the most effective way to improve your cholesterol levels while lowering your risk for cardiovascular disease.

More information about lowering your cholesterol is available at www.heart.org.



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Local PCN makes presentation to council

PAUL FREY
For the Review

A recommendation by Olds town council to have representatives from the Olds/Sundre Primary Care Network make a presentation to council at a later date was made at last week's meeting.

The recommendation was made following a presentation by Gerald Ingeveld, the former Mountain View County councillor who now sits on the David Thompson Health Advisory Council, who updated town council on the health council's activities since it was established in December 2010.

Ingeveld outlined the council's five work plan priorities: maintaining health, improving wait times, improving continuing care, improving primary care and understanding local priorities.

"We need to hear what Alberta Health Services is doing ... and communicate that to the public," Ingeveld said, noting that

health-care managers are trying to provide the best possible service within Alberta Health Services guidelines.

The council conducts six public meetings per year and has six other private meetings throughout the year. Within the last 14 months, the council has hosted three major events to give the public the opportunity to provide feedback on what they see as issues in health care. The council has also had community consultation events in Rocky Mountain House in November 2011, Sylvan Lake in February 2012 and Drumheller in November 2012 to solicit feedback from community members.

The council has provided feedback on food services at long-term care facilities; on emergency medical services; and has worked on physician recruitment and retention in communities served by the council, said Ingeveld. In response to questions from councillors, Ingeveld said he is frustrated by the slow pace

of change, but said that some progress is being made on addressing some of the challenges faced by the system. He said he expects more improvements over the next three to four years.

Ingeveld said the council has been advocating for more site-based decision making that was taken away when the former health regions were merged into one.

"We advocated for that very hard and I ... hoped that we had some influence into that changing," he said.

Ingeveld also said seniors' care is slowly improving by giving seniors the type of care they need closer to home. A new facility in Olds will be opening shortly to fill the gap as well as a plan for one in Sundre.

"If we look at it from a long view we can say, 'yeah, it's happening,' but on the other hand, whoa, is it ever taking a long time," he said.

Ingeveld said he is most encouraged by the fact that

during the council's public consultations, people are still talking about the issues.

"They're still willing to come out to another public engagement and give their views again and there's still confidence I think ... that our health service, our government is doing the best they can and just need some direction for how to do this. I don't think people have given up," he said.

Mayor Judy Dahl said she was encouraged to hear some of the initiatives the group is working on, especially that local doctors in conjunction with Sundre physicians, are getting closer to launching a local PCN.

"As mayor, I think we waited too long. (The health council has been) working together as a group for three years now. We should have been more proactive and had them here last year. I was very happy with the report back that we heard from our representative," she said.

Peacock on the loose roams Sundre

BY PATRICIA RILEY
For the Review

At around 9 a.m. last Friday a peacock was reported loose and roaming the town of Sundre.

After public works officials spotted the bird near Piros, they were able to lure it into a cage.

"We've got word out to as many people as we can, the radio and on our social media sites," said Kevin Heerema, the town's bylaw officer.

"We're just going to take the bird up to the Medicine River rescue and they're going to hold onto it for us unless we can find somebody," he said.

Which part of town the peacock came from is unknown, he said, noting that every member of the public he talked to spotted it in the general area where it was found.

"I'm pretty sure it's a pet. He's fairly tame and we don't usually see them running up and down the river valley or nothing, so it's kind of a strange occurrence here," said Heerema.

He said the peacock was no harm to the community and that they often make loud noises but this one wasn't said to be loud.

The home of the peacock is undetermined at this point.

Cremona discusses hiring interim CAO

BY LEA SMALDON
For the Review

Cremona council may hold off replacing its retiring chief administrative officer position with a permanent position until the results of the community's viability study are known.

Council was expected to discuss its options during last night's council meeting for ensuring someone is in place to continue the village's business past Terry Lofstrom's departure on Feb. 4.

Council accepted his res-

ignation during the Dec. 18 regular council meeting. Lofstrom had planned to retire when his two-year contract expired in Dec. 2013.

"We knew this was his retirement year," said Mayor Leslie Abrams, adding the six-year village employee will "absolutely" be missed.

Not only does he have an extensive background in the history of village business, but his grant-finding skills have allowed many village projects to proceed, including the recent water

treatment plant upgrades, she said.

This has allowed council to hold the line on taxes for the past few years, she added.

Council is now investigating hiring an interim chief administrative officer until the results of the ongoing Municipal Affairs viability study is known, she said.

"Due to the fact that we're in the middle of the viability study, we didn't think we'd get good candidates or if it would be fair to hire someone and not

know if they'd have a job when the study's done," said Abrams.

The viability study is expected to determine whether Cremona should continue to be a village or dissolve into a hamlet within Mountain View County.

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Happy New Year from Tyke 2 Ramblers.

What an exciting first half of the season with 8 wins and 3 losses. We have another first goal to announce Aaron Sawatzky great job buddy. Our team has been working very hard during practice and is improving so much with each week that passes. We have our home tournament on January 11, 12 and 13. Hope everyone can come out and cheer us on; there will be some great prizes to be won. Once again thank you to all the managers and coaches for all the time they put in to make us a great team.

Crossing guards needed at Ross Ford

BY KEVIN VINK
Review Staff

Many children use the crosswalks near Ross Ford Elementary when they come to and from school every weekday, assisted by Rochelle Byiers and her daughter Brienne, who direct traffic and act as crossing guards.

They only started doing this late last year, but they need help in their endeavours, said Byiers.

"It can be really dangerous, and just having a patrol there makes it run really smoothly and then there's somebody on either side of the road to keep an eye on the kids," she said.

The schools have been looking for volunteers, but it doesn't seem like anybody is interested, she said.

Before school it is not quite as busy, she noted. But when school is out, the kids all come out in one big wave, which can be frustrating for drivers who get caught in the rush.

"It's only like 15 minutes, so we only need really 20 or 30 minutes total of somebody's time (per day)," she noted.

"Everything is very orderly when they're there. I know having been around here for quite a few years, when there had been no crossing guards, I was very concerned that we were going to have a serious pedestrian collision."

SGT. JEFF JACOBSON

The police recognize that having crossing guards at those busy intersections is key, said Sgt. Jeff Jacobson.

"From a policing perspective, we're very pleased to see Rochelle and her daughter out there every morning because they greatly improve safety for the kids going to school," said Jacobson.

"Everything is very orderly when they're there. I know having been around here for quite a few years, when there had been no crossing guards, I was very concerned that we were going to have a serious pedestrian collision."

He added that those concerns are relieved when he knows there are crossing guards.

"From our perspective, we would encourage people to volunteer to do that, especially if you have kids that are going to those schools. If parents drop them off a little early, they can perhaps go and help the other kids across."

For those interested in helping out, Byiers said people can call the principals at either Westglen or Ross Ford Elementary to sign up, even if they can only do it occasionally, she added.

She mentioned she's going to be leaving town soon for two weeks to attend a dog sledding event.

Though her daughter is still going to be there, she said she is worried about who will replace her, because one crossing

guard is not enough to effectively direct traffic.

"Just having two people out there, keeping an eye on the kids is important," she said, noting that some children don't think before running out onto the road.

"It's like 15 minutes. It's amazing how quick it happens, you get there and they're gone."

"It's 10 minutes in the morning, 10 minutes after school, busy, and you don't feel the cold because you move a lot."

For those that can't volunteer as a crossing guard, she said people can also help by simply avoiding the area if possible right before and after school.

If they do get caught in the area for whatever reason, she mentioned that the intersection of 23 Street and 23 Avenue, though it is a four-way stop, does have some special rules that help traffic run better.

She said that if people avoid going north or east at the intersection, traffic runs much faster, and makes the intersection safer for the students as well.

Another fraud warning

Police seem to be constantly receiving reports of new fraud schemes, though Gulash said that they are all basically the same, except they are worded differently.

"This one was an ad on Kijiji, where you could rent a house in Canmore for the weekend and it's basically this mansion, it's a really nice place and it was for \$600 for the weekend to rent it," said Gulash.

He noted the number one thing that people need to be aware of, is that in many cases, the seller or renter will not meet face to face, for any number of reasons.

"They always have an excuse: they're out of country or something like that and say 'Oh, you can just wire me the money or give me your credit card' that kind of stuff."

"And really these are all scams. You really need to check into it."

In this case, the address that was provided and the deal that was made, was for \$600 for the weekend to rent this residence, he said.

"The guy supplied his credit card number, noticed a couple days later that he had about a \$900 charge from a cosmetics company on his credit card, and then in the end he ended up going to this house."

The 'renter' had told the victim that there was a keypad on the door, and gave him a code for it.

"When he got to the house, people live there. It's not for rent. Someone just took a picture of the place and put it on the ad, and there's no keypad. There's no way for him to access it, and basically he found he had been frauded."

Generally, for rentals, Gulash said that there are often websites that people can check for reviews, to help ensure that they are actually getting a legitimate deal.

"If this is legit, you'll have a lot of people that know about it or other information that would be online about that place."

"I would be very wary of anything when people start asking you to send money out of country," he added.

"They'll post ads about vehicles, for a lower than nor-

Police Briefs

BY KEVIN VINK
Review Staff

mal price, and we've said this many, many times: if the deal's too good to be true, it probably is."

It's all the same scam, just a different format, he said.

Attempted B&E

On Jan. 15 at 4:30 p.m., at a farmhouse just east of Didsbury, off of Highway 582, a farmhand thwarted an attempted break and enter, according to police.

Cpl. Clint Gulash said the RCMP received a report that the farmhand went to the shop on the farm and noticed a black Ford F-150 quad cab backed up to the shop, with three culprits loading his toolboxes into the back of their truck.

"He pulled in there and basically told them to put it back—they actually did," said Gulash.

"They actually took it off the truck and put it back in the shop and left."

Though the descriptions of the culprits are a bit vague, the farmhand was able to obtain a licence plate, he added, DUL-783.

"It came back as a stolen vehicle, so we're still looking for the suspects, there were two males and a female."

Police did attempt to pull fingerprints and other evidence off the toolboxes but the suspects were wearing

gloves so nothing was obtained, said Gulash.

The three suspects appeared to be in their 20s, and though police didn't get a very good description, one of the males had dark brown messy hair.

"The complainant said basically they were maybe on drugs or something like that."

"So that would kind of go with the stolen vehicle, dishevelled appearance, brazen daylight attempted break and enter, that kind of stuff goes with that whole culture there."

The vehicle is still missing, and though there have not been any more complaints, the suspects have not been located.

He said it's very likely that they have left the area but if anyone sees it, he asks them to call their local RCMP detachment.

Recovered stolen vehicle

A vehicle stolen from the Carstairs Ford parking lot was recently recovered by police outside of Olds, said Gulash.

The GPS seems to have been disabled by the thieves, he added, noting that the vehicle was being tracked until they disconnected it.

He said this should act as a warning to vehicle owners, because installing a GPS can help in the recovery of stolen vehicles if the need arises.

He mentioned that he once dealt with a situation where a work truck was stolen from Edmonton.

The truck had a GPS installed in the engine compartment, so the thieves weren't aware of it being there, he said.

The police let the vehicle get to its destination before tracking it down.

"We were able to get a warrant and actually shut down a chop shop and everything because of it—all because this guy had put a GPS into his vehicle."

"That kind of stuff is not only helpful for us, but it's helpful for people to get their property back."

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100. Obituaries 100. Obituaries

BECKER, Ronald Keith

It is with great sadness that I announce the passing of my husband, Ronald Keith Becker, on December 21, 2012.

Ron was born on March 19, 1957 to Vernon and Dawn Becker in Calgary. Ron spent several years in B.C. doing various jobs. He returned to Alberta in 2000. In 2002 he met his "Princess" Verna and they were married on August 16, 2003. Shortly after, Ron was diagnosed with lung disease.

On September 3, 2011 he received a double lung transplant. We appreciate the extra time that we had to share with him.

Ron is predeceased by his father Vernon. He is survived by his wife Verna; her sisters Darlene, Gail, Connie, Anne and brother Allen; and Jack & Joyce Pratt; his mother Dawn and his other mom Joyce & Dennis Vickers; brothers Barry, Brian; sister Marlene and numerous aunts, uncles, nieces and nephews.

Heartland Funeral Services Ltd., Olds entrusted with arrangements. 403-507-8610

www.heartlandfuneralservices.com

**REED, Deborah Lee**

Deborah Lee Reed, a resident of Didsbury since 1984, passed away this holiday season. She is survived by her three children, Michael, Marc and Sarah and two grandchildren, Brody and Dylan. Deborah spent years helping others in the Mountain View County community, involved in professional and volunteer efforts with the handicapped and elderly members of the community. Always a progressive, Deborah was recycling before it became cool, promoting women before there were women's movements, and raising three children no matter the odds. A lover of all things science and science fiction, Deborah always knew there was something more and bigger out there. Peace be with her as she ventures to that great unknown. Memorial service will be held on Saturday February 2, 2013 at 2:00 p.m. at the Didsbury 5-0 Club. In lieu of flowers, memorial tributes may be made directly to the charity of choice. Heartland Funeral Services Ltd. Olds entrusted with arrangements. 403-507-8610



140. Births 140. Births

Mike & Gloria Redmond and Kim & Gary Ziegler are proud to announce the arrival of our grandson
Oliver Mark
on January 14
Born to Laura & Chris Ziegler nee Redmond

150. Birthdays/Anniversaries 150. Birthdays/Anniversaries

Happy 95th Birthday Stuart Hooper



Open House Tea
Saturday, January 26, 2-5 p.m.
#12 Westhill Drive, Didsbury

180. Thank You 180. Thank You

Thank You

The family of Nellie Davies wishes to extend their sincere appreciation to all the staff of Unit 4. Your care and kindness made her last 6 months very happy and comfortable.

Sincerely, Mary Jane Davies
and Zen Kondra

Thank You

I would like to express my heartfelt thank you to family and friends for your support in the passing of my mother, Myra Underhay. Much appreciation is extended to all the staff at Aspen Ridge Lodge for their care and attention during the past five years. Also, thank you to the staff at the Didsbury Hospital Acute Care Unit 2 for the excellent professional nursing care that Mom received. The flowers, phone calls and attendance at the funeral on January 9, 2013 were greatly appreciated. A very special thank you to Rev Liz Bowyer for the personalized funeral service, to cousin Doreen Pawlowski for the tribute, to Doreen McEwen as pianist and to Cindy Kolb and Tom of Heartland Funeral Service in Olds.

Ed & Joyce (Underhay) Wicks

190. Announcements 190. Announcements

Mountain View Hall Annual General Meeting

will be
January 24, 2013
7:00 p.m.

Questions, Comments & Concerns
are welcomed.

Refreshments & Snacks will be available!

Baby Shower for
Laura Ziegler nee Redmond
Feb. 9th at the
Westcott Hall 1:00 to 4:00

1005. Help Wanted 1005. Help Wanted

BILTON BILTON WELDING AND MANUFACTURING LTD.
CONTINUES TO GROW!

Bilton Welding and Manufacturing Ltd. designs, engineers and manufactures custom oilfield equipment for international clients. We operate seven manufacturing facilities in Innisfail, Alberta and employ over 175 people.

With your long-term interests in mind, we provide you with ample opportunities to achieve your career goals.

If you would like to be a part of our growing and dynamic team of professionals in your field, we are currently seeking -

B PRESSURE WELDERS

An up to date Alberta "B" Pressure Certification is required. Preference will be given to those with Vessel experience.

This is a full-time permanent shop position with competitive starting wages and benefits packages including Health, RRSP, and Tool Allowance programs.

Please fax resume to 403-227-7796, email to hr@bilton.ca



Publishing stories
everyone is interested in

335-3301

**DIDSBURY
REVIEW**

300. Lost & Found

LOST JANUARY 4- WALLET
between Fas Gas &
Pharmasave. 403-335-8678

To Advertise
Call 335-3301

1005. Help Wanted

Leading Canadian manufacturer of vinyl siding and accessories has immediate employment opportunities for the following:

Compound Blender

You will be responsible for the operation of a 3-tier system which mixes various compounds together while maintaining various reports. You will also be asked to transport goods using a forklift and on foot. We are looking for a physically fit person with good attention to detail and computer skills.

Kaytec offers \$17.00 per hour to start, strong training programs, long-term employment, strong commitment to health and safety, state of the art technology, a comprehensive benefits package, as well as a comfortable work environment.

Interested candidates are asked to mail, apply in-person fax or email their resume to:



C/o Human Resources
701 Highland Drive
Canstans, AB T0M 0N0
Fax: (514) 694-2674
careers@kaycan.com

1005. Help Wanted

Leading Canadian manufacturer of vinyl siding and accessories has immediate employment opportunities for the following:

Machinist

Duties include creating and repairing parts on various machines in the production process and general shop equipment according to company plans, blueprints, and other diagrams. You will also test and detect equipment malfunctions and adjust machines as required to insure quality of production.

Kaytec offers \$25.00 per hour to start, strong training programs, long-term employment, strong commitment to health and safety, state of the art technology, a comprehensive benefits package, as well as a comfortable work environment.

Interested candidates are asked to mail, apply in-person fax or email their resume to:



C/o Human Resources
701 Highland Drive
Canstans, AB T0M 0N0
Fax: (514) 694-2674
careers@kaycan.com

3350. Wood/Coal/Fuel

**FREE FOR FIREWOOD,
BUILDING, STORAGE**
CALL 403.556.7510

**DIDSBURY
REVIEW**
335-3301
or Fax: 335-8143



- Have you been diagnosed with Multiple Sclerosis (MS)?
- Do you have a family member or friend with MS?
- Are you a caregiver for an individual living with MS?
- Are you a health care or social service professional seeking to learn more about MS?

YOU ARE INVITED

Join us for coffee and conversation at
Granny Jacks Restaurant in Olds on
Tuesday, Feb. 5th @ 10:00a.m.

For more information, please contact
Carole Thomas, MS Ambassador for Olds
403-556-3775
OR
Terri Blanchard, Client Services Coordinator
MS Society Central Alberta Chapter
403-346-0290



5110. Houses For Rent

3 BEDROOM TOWNHOUSE,
11/2 bath, fireplace, over 1200
sq. ft. \$800/mth. N/P
References required. Available
Immed. 403-335-3563

5130. Apartments For Rent

COLLEGE GREEN
APARTMENT. 1802 16 St.
Didsbury. 50 Plus adult,
1 bedroom. \$575.00/month
incl. Utilities. \$400.00 DD.
No Smoking. No Pets.
Available Feb. 1/13.
403-335-3394

SPACIOUS 3 BEDROOM.
1.5 bath. New floor, new
carpet. Available Dec. 1/12 or
sooner. \$675.00/month plus
utilities. 403-348-6594

**We want your
Classified ads!
Call 335-3301
DIDSBURY
REVIEW**

5135. Suites For Rent

2 BEDROOM SUITE for rent in
Didsbury. \$650/month plus
security deposit. 403-399-1935

5160. Condos For Rent

FOR RENT IN DIDSBURY.
Clean 3 bedroom 11/2 bath
Condo. Deck, parking, W/D.
Available March 1st.
\$850./month + Utilities.
403-254-2354

5170. Duplex / 4-plex for rent

DUPLEX FOR RENT in
Didsbury. \$1250/mth. plus
utilities and DD. 3 bedrooms
1.5 bath, large yard, newly
renovated. Avail. immediately
403-335-4395

8150. Cleaning Services

DAKOTA'S CLEANING
SERVICE
Bonded, insured & references.
Weekly, bi-weekly monthly.
Move-ins, move-outs offices
and wall washing.
Surrounding area. Supplies
included. 403-559-8158

www.didsburyreview.ca

FRONT PORCH REALTY

Allen Reed and Rod Neufeld 335-2222 • www.frontporchrealty.ca • 2009 - 20 Avenue, Didsbury

1338 - Centre St., Carstairs



Over 1400 sq ft, 3 + 1 bedrooms, 2 baths, fully developed, large deck, fenced yard, big lot, double detached garage

\$259,000

8 Westhill Place



Affordable start or great revenue potential, 1/2 duplex w/3 bedrooms, 1 1/2 baths, fireplace, large fenced backyard, great location

\$169,900

2 Acres - Mountain View



Only 10 minutes west of Didsbury, drilled well (18 gpm), services to the property line, soil perforation test done for septic field

\$169,900

1801 - 17 Street



1300+ sq ft, maintenance free living, 40+ villa in College Green, 2+1 bdrms, 3 baths, main flr laundry, recent upgrades, reasonable HOA fees

\$249,900

206 Campus Green



Terrific 45+ suite, 2 bedrooms, 2 baths, all appliances, reasonable condo fees, overlooking courtyard, great neighbors

\$184,900

790 Stonehaven Dr, Carstairs



Immaculate home inside and out shows like new, 2+1 bdrms, 3 baths, hardwood, fully finished, covered rear deck, underground sprinkler, oversized garage,

\$324,900

70 Aloha Mobile Home Park, Olds



Affordable living, 4 bedrooms, 2 baths, open plan, huge shed, large rented lot

\$29,700

606 West Highland Crescent



Top of the line home, 1500 sq. ft. +/-, hardwood, tile and slate, granite counters, floor heat in garage and basement, huge yard w/ alley access.

\$449,900

2110 - 23 Avenue



great first time or investor property, excellent location in quiet neighborhood, single detached garage, gardener's delight

\$174,900

4, 1706 - 22 Avenue



Sunset Condominiums! 3 bedrooms, 1 1/2 baths, laminate floors, private back yard with patio and perennials, 2 parking stalls

\$79,900

A couple of straight shooters
The Porch Boyz

1306 - 23 Avenue



45+ unit with no condo fees, hardwood, vaulted ceiling, gas fireplace, open plan, nicely fenced and landscaped, single garage

\$219,900

1409 - 20 Avenue



40' wide residential/commercial lot, lots of possibilities, great location, good exposure

\$79,000

Unit C, 1322 - 20 Street



Contemporary Condo! over 2400 sq ft of living space, 3 levels, open floor plan, high ceilings, 2 balconies, air conditioning, huge walk-in closet in master

\$269,000

39 Meadowview Court



1300 sq ft, 3 bdrms 2 baths on main, self contained basement suite w/ in floor heat, oversized double garage, large pie lot

\$334,900

1912 - 20 Street



Excellent investment, 2592 sq ft building with solid tenant in place, potential to rent some more unused space, on Didsbury's busiest retail block

\$199,000

2029 - 18 Avenue



lots of upgrades inside and out, 1300 sq ft, 40' x 120' lot, large south facing deck, large balcony deck off of master bedroom, paved residential/commercial

\$229,000

1337 - 25 Street



Family 2 storey, 3 + 1 bedrooms, 3 1/2 baths, oak kitchen, gas fireplace, double garage, good sized lot with H.V. parking off of lane

\$299,900

2141 - 20 Avenue



Excellent location, 3 + 1 bdrms, 1 1/2 baths, laminate floors, wood burning fireplace, lovely yard, double detached garage

\$199,900

1513 - 16 Street



Close to new high school, 5 bedrooms, 2 bathrooms, great covered back deck, small green house, patio and fire pit.

\$189,900

13 Valarosa Point



Brand new build ready for a spring possession, best area of Valarosa, 3 bdrms., 2 baths, hardwood, double attached garage

\$314,900 incl. gst

118 Valarosa Drive



Over 1600 sq. ft. beautiful kitchen, walk through pantry, 3 bedrooms, 3 bathrooms, large fenced yard

\$299,900

14 Deer Coulee Drive



Over 1500 sq. ft including bonus room, beautiful hardwood and tile, granite counters, huge deck, nice sized fenced yard.

\$324,900

Mobile to be Moved



16'X70' built in 1986, 3 bedrooms, vaulted ceiling, built-in shelving in sunken living room, ready for quick possession

\$19,900